Daily Journal

		Morning:	
Date:		II. I C.1.	
My goal for today is:		How I felt:	□Happy □Calm □Other
Changes I noticed in my ho	Mid-Day:		
Exercise I did today:			□Happy □Calm □Other
I walked steps to	oday	Evening:	
Level of exercise: \Box Light	$\square ext{Moderate} \qquad \square ext{Inte}$	nse How I felt:	□Calm
$\begin{array}{ll} \text{Vitamins:} & \Box \text{Yes} \\ \text{Medications:} & \Box \text{Yes} \end{array}$	□No □No	Snacks:	□Other
Things I accomplished toda	How I felt:	□Happy □Calm □Other	
Things I did for myself:		Water: Fruits: Vegetables	$egin{array}{cccccccccccccccccccccccccccccccccccc$

what I are today:					
Morning:					
How I felt:	□Calm		\Box Stressed \Box Depressed		
Mid-Day:					
	□Calm		□Stressed □Depressed		
Evening:					
	□Calm		\Box Stressed \Box Depressed		
Snacks:					
	□Calm	□Rested □Rushed	$\square Depressed$		
Water:	$1\square\ 2$	$\square \ 3\square \ 4\square \ 5\square$	6 7 8 8 + 0		
Fruits:	$1\square\ 2$	$1 \square \ 2 \square \ 3 \square \ 4 \square \ 5 \square \ + \square$			
Vegetables	: 1				